

Menu 36

8/31/2026-9/6/2026

Monday

Beef in dill sauce (A, G, L) Potatoes (*, G, ILM, L, M, Veg)

Root vegetable casserole with lentils (*, G, ILM, L, M, Veg) Potatoes (*, G, ILM, L, M, Veg)

Tuesday

Spinach crêpes (A, L) Lingonberryjam (G, L, M, Veg) Egg sauce (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)

Wednesday

Finnish hash (G, ILM, L, M)

Vegetable and potato hash (A, G, ILM, L, M, Veg)

Thursday

Minced meat soup (*, A, G, ILM, L, M)

Gardener's pureed root vegetable soup (*, A, L)

Friday

Crispy fish fingers (*, A, L, M) Tartar yoghurt (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)

Carrot patties (A, G, L, M) Tartar yoghurt (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)

Enjoy your meal!

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VL =	Low in lactose	L =	Lactose-free	G =	Gluten-free	M =	Milk-free
A =	Contains allergen	Veg =	Vegan food	VS =	Contains fresh garlic		
*	=	Comply with Finnish nutrition recommendations	ILM =	Climate-friendly			